

Intervention: Get Real About AIDS

Finding: Mixed evidence for effectiveness

Potential partners to undertake the intervention:

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| <input checked="" type="checkbox"/> Nonprofits or local coalitions | <input type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input checked="" type="checkbox"/> Health care providers | <input type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments | <input type="checkbox"/> Policymakers |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Background on the intervention:

Get Real about AIDS consists of a 15-session HIV risk reduction curriculum that includes experiential activities to build skills in refusal, communication, and using condoms. Each lesson lasts one class period; lessons are delivered over consecutive days.

The program also includes activities to reach more youth, such as making public service announcements (PSAs) and distributing wallet-size HIV information cards. Educator training is recommended when implementing this program.

Findings from the systematic reviews:

At six-month follow-up, students in intervention classes scored significantly higher on knowledge of HIV and HIV prevention relative to those in the comparison group. In addition, sexually active intervention students reported significantly more frequent purchase and use of condoms and fewer sexual partners within the past two months than did those in comparison schools.

However, the intervention did not significantly postpone the initiation of sexual intercourse, reduce the frequency of sex among sexually experienced students, nor reduce use of alcohol and other drugs before having sex or among participants, as measured at six-month follow-up.

References:

Alford, S. Science and Success: Sex education and other programs that work to prevent teen pregnancy, HIV and Sexually Transmitted Infections; 2003. Available online at: [Advocates for Youth](http://www.advocatesforyouth.org/publications/ScienceSuccess.pdf) - <http://www.advocatesforyouth.org/publications/ScienceSuccess.pdf>